

Children's Connection Curriculum

Session Topic: Social Skills/Interactions (Squiggle Drawing Game)

Developmental Level: Elementary or Middle School

Purpose: To encourage creativity and self-expression

Materials: Plain white paper and pencil

Description of Session:

1. Draw a squiggle on the piece of white paper with a felt-tip pen and give the paper to the client
2. Ask him or her to make the squiggle into a picture.
3. When the drawing is finished, ask the client to tell a story about the drawing. This technique is often used with resistant or reluctant children.

Discussion Questions:

1. Tell us about your picture. What did you choose to draw and why?

Reference: Vernon, A. (2004). *Counseling Children and Adolescents*. Denver, CO: Love Publishing Company